

It is important for people with diabetes to take good care of themselves. Serious health problems can start when diabetes is not controlled.

People with diabetes must work with their medical providers to take care of their health. They should have regular tests for

- **Blood pressure**
- **Cholesterol**
- **A lab-drawn blood sugar test (A1c).**

Know Your Targets

Blood Pressure:
130/80 or less

What is yours?  _____

When was it last checked?  _____

Bad Cholesterol:
LDL less than 100

What is yours?  _____

When was it last checked?  _____

Blood Sugar: A1c of less than 7%

What is yours?  _____

When was it last checked?  _____

Talk to Your Medical Provider About These Things:

Step 1: An Aspirin a Day

People with diabetes have a higher risk of heart attack and stroke. Taking an aspirin every day can lower that risk. Ask your medical provider if an aspirin a day is right for you.

Step 2: An A1C Test Twice a Year

It is important to monitor your blood sugar over time. The A1C test measures your average blood glucose (sugar) over the last 3 months. A1C, pronounced A one C, is short for hemoglobin A1C. Your suggested target is below 7%.



Step 3: Keep Your Blood Pressure Low

High blood pressure raises the risk for health problems. Have your blood pressure checked every time you see your medical provider. If your blood pressure is high ask your provider how you can lower it. Ask your provider if you need blood pressure medicine. If you are taking blood pressure medicine, take it just how your provider told you to.

Other things you can do:

- **Avoid salty foods**
- **Limit alcohol**
- **Exercise often**
- **Watch your weight**

Step 4: Watch Your Cholesterol

High cholesterol can lead to heart attacks, strokes and blood vessel problems.

Have your cholesterol checked by your medical provider at least once a year. If your cholesterol is too high, ask your provider if you need medicine to help lower it. If you are taking cholesterol medicine, take it just how your provider told you to.

Other things you can do

- **Limit foods with fat**
- **Exercise often**



Step 5:

Get a Flu Shot

Getting the flu can be dangerous for people with diabetes. Ask your medical provider about getting a flu shot every fall. Ask your medical provider about other shots to keep you healthy.

Step 6:

Exercise Often

Exercise reduces the risk of heart attack and stroke. Ask your medical provider how active you should be.

Step 7:

If You Smoke – QUIT

Smoking makes diabetes problems worse. Talk to your medical provider about ways to quit.

Call the **Nurse First Diabetes Program** at 1-800-???-???? anytime you are sick or hurt. The nurses are there 24 hours a day, 7 days a week.



The ABC's of Diabetes Control

Aspirin daily and
an A1C test twice a year
Blood Pressure Control
Cholesterol Control

The Nurse First
Diabetes Program from
Montana Medicaid



This program is operated by McKesson under the direction of the Montana Department of Public Health and Human Services.

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